

Nation

Volume 9, No. 26 • November 15, 2002

November is Diabetes Month



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The Nation & CSB Essay Contest

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Open to all CSB students of all ages

Once again we are looking for essays to encourage writing and reading skills in Eeyou Istchee.

The essay categories are French, English or Cree.

The essay can be about anything you want. It can be personal experiences, bush life, legends, traditional teachings, the use of Cree in the schools, the future of Eeyou Istchee, fiction or just about where ever the students imagination takes them. The only rule is you must or will be a Cree School Board student. You may be in elementary, secondary, post-secondary or adult education.

If you think that your topic may not qualify, give us a call.

Deadline:

December 13, 2002
All entries must arrive at the Nation by this date to be considered.

Prizes

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1st Place in each category- \$250
2nd Place in each category- \$150
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THREE LITTLE WORDS



I guess some amount of commerce would grind to a halt if telephone solicitors weren't able to call people at home during dinner hour, supper hour or during your favourite television show. But that doesn't make it any more pleasant.

The good news is that this problem has been solved. Steve Rubenstein, a writer for the San Francisco Chronicle, has proposed, "Three Little Words" based on his brief experience in a telemarketing operation that would stop the nuisance for all time.

Those three little words are: "Hold On, Please."

Saying this while putting down your phone and walking off, instead of hanging up immediately, would make each telemarketing call so time-consuming that telemarketing sweatshops would grind to a halt. When you eventually hear the phone's "beep-beep-beep" tone, you know it's time to go back and hang up your handset, which has efficiently completed its task. This might be one of those articles you'll want to mail or e-mail to your friends. "Three little words" that will eventually ELIMINATE telephone soliciting.

Now that we've got a way of dealing with the annoying solicitors, let's look at a few other things we can do to improve this world of ours.

When you get ads in your phone or electric bill, include them with the payment to let the companies throw them away. To really show them how annoyed you are, staple your bill and payment cheque together. Now, fold it in half and tape it shut. They will not be able to process your payment

automatically. If enough of us do this they will have to hire people just to open the payments and process them by hand, so you are actually helping the economy. Perhaps it's time that those annoyingly high service and late charges are really earned.

When you get those "pre-approved" letters in the mail for everything from credit cards to second mortgages and junk like that, most of them come with postage paid return envelopes, right?

Well, hell's bells, put it to work. Why not get rid of some of your other junk mail? Just put it in these cool little envelopes!

Send an ad for your local Zellers to Mastercard or Visa. Send the pizza coupon to MBanx.

If you didn't get anything else that day, then just send them their application back! If you want to remain anonymous, just make sure your name isn't on anything you send them. You can send it back EMPTY if you want to just to keep them guessing!

Eventually, the banks and credit card companies will begin getting their junk back in the mail. Let's let them know what it's like to get junk mail, and the best of it is that they're paying for it! . Twice!

I've heard of one person who just puts a label over the return address and sends a letter off to friends or family.

Let's help keep our postal service busy, since they say e-mail is cutting into their business, and that's why they need to increase postage again!

Tell this to a friend or two or three... or fifty.

By Annie Mouse

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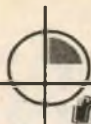
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Gutway in Mistissini
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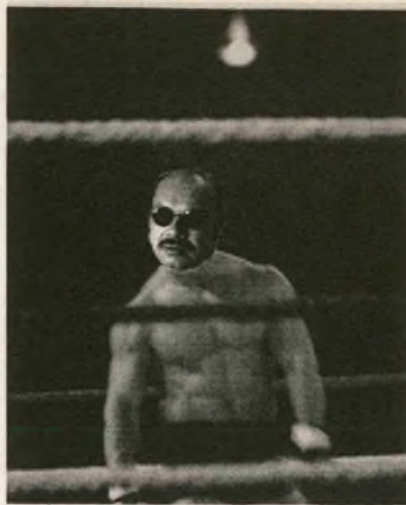


FROM FIGHTS TO BINGO

My grandfather and his brothers and buddies would sit around in the evening with anticipation of the next call the radio announcer would make, amidst the intensity of listening through the crackling static and the lazy smoke from hand rolled cigarettes rising from the heat of the small wood stove. Sonny Liston receives another blow from Cassius Clay. The room goes silent until the announcer coolly recovers from his disbelief. The great Cassius Clay wins by KO, Feb 26, 1964, and again in 1965 with a one punch, first-round KO. No betting and no booing came from my Grandfather and his friends, just the satisfaction of receiving a clear signal on the radio from a distance of more than 2,500 miles, in the deep south where the now well known great boxer, Mohammed Ali, defeated Sonny Liston. However, because the fight was so short and over in minutes, the radio dial was tuned to Nashville and great original country and western. (Decades later, as hundred of thousands of Japanese paid hundreds and thousands of dollars to watch 15 seconds of a Tyson brawl, history was repeated, with inflation included).

Radio, back in the day, was entertainment and information. The cold war and Second World War was always there, in the living rooms of people who had battery-operated receivers. The Bay manager's house was powered by a windmill erected in his front yard and on occasion he would allow use of his ham radio. The Anglican Church supplemented its income by collecting daily weather reports, and everyone knew what the weather was going to be anyway, so the radio played the part as entertainer for many years.

Hollywood came to town a long time ago and all the latest westerns and sci-fi flicks were viewed on a regular basis; a nickel for kids and a dime for adults. Over the years, some kids eventually grew too big for the doorman or collector and they would graduate into the upper income category or adulthood. Years passed by and radio became more reliable when the CBC shipped up a very large satellite dish, which somehow made it across the freshly frozen river on a flat-bed truck. The driver, the next day, awoke to find out that he was the first to cross the river, and the "rough road" he had encountered was really a ski-doo trail and the "nice stretch"



"Who's your daddy now."
A Sonny "I could've been a contender"
Orr Quote

he described was the inches thick ice on the river.

We got FM, then colour TV. (There never was any black and white TV because the closest television transmitter was in Moosonee and many waited in vain for a signal to come through.) One of my uncles owned a TV for years before he could use it, but when he could, it was Hockey Night in Canada (somewhat of a new religion, it is still practiced today) and Guy Lafleur was the new hero. Les Canadiens replaced the weekly fights and the long distance crackling of an AM station from somewhere in middle America, slowly faded from our use of communications.

After seeing "Cold Journey" and "Little Big Man," movies seemed to have Native heroes all over the world. This sparked a new generation of our people to get up and do something that we could only receive and play a passive role in; we made our own radio and television programming. A lot of effort came from the CBC. After the transfer of knowledge, skills and equipment, the community radio station was built. Many of our communities' radio stations come from small groups of people who really wanted to work in that field, not because they needed a job, but because it was something that we all realized could become a great tool to entertain, inform, the educate, to remember and preserve and most important of all (gasp!) play BINGO! Somehow, I miss those days when my numerical knowledge went past 75.

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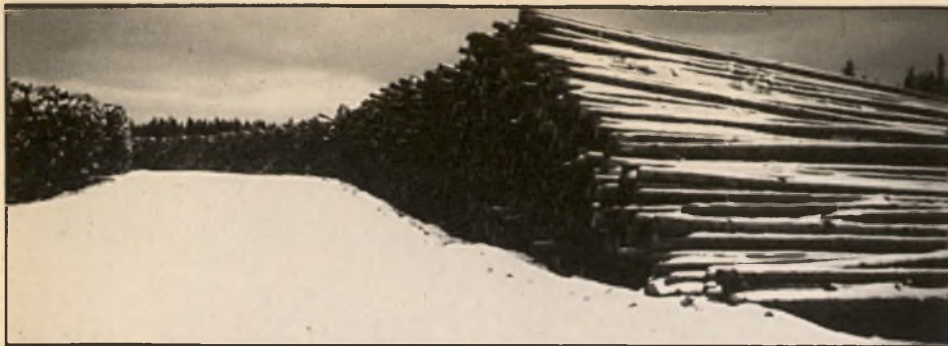
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Nation



THE WOOD CHIP CONTROVERSY

The Crees of eastern James Bay may be entering into a new relationship with Quebec but there are storm clouds on the horizon. Gary Cooper says he hasn't seen any evidence of this new relationship that the Crees are supposed to be enjoying with the rest of Quebec. Cooper says his company, Linda and Gary's Trucking, has been systematically excluded, and finally ignored, by Domtar, a forestry company, who is majority-owned by the Quebec government. At the heart of the problem is a wood chip hauling contract and Domtar's insistence that dealing with one general contractor is the right way of doing business for them.

Cooper says he's been polite and reasonable but feels that Domtar may have a racist attitude when they refuse to award contracts to Cree companies like his. "They insisted that I sub-contact through their primary supplier. You can't take that to a bank and expect a loan if you need one," said Cooper. Cooper feels drastic measures may be needed if Domtar is to respect the new relationship. A roadblock on Domtar vehicles and their suppliers may be the only thing they understand, he said. "They are in the Cree territory utilizing resources on our land and benefiting from that without allowing us to benefit and this is wrong," said Cooper.

Cooper is still willing to try less drastic measures, but he said he is getting tired after sending numerous letters and getting no reply. His latest letter was addressed to the Quebec Minister of Native Affairs Michael Letourneau, the deputy for the Ungava region. Cooper said his letter to Letourneau is to request help in supporting the spirit of the recent Peace of the Brave Agreement by helping Cree companies.

After talking with Letourneau, Cooper says he has learnt he is not alone in being disappointed with Domtar. "Other small businesses and people are complaining. The contracts and the jobs are all going to people from Val d'Or, Montreal and places like that.

That's what I'm hearing," said Cooper, adding that it is more than natives who are not benefiting from Domtar's policies.

According to Marianne Trudelle, press attaché for Letourneau, Cooper has been asked to hold off on the road blockade until the Deputy can look into the matter.

Bernard Senegal of Domtar is unsure of what Cooper is asking for. Senegal says chip-hauling for Domtar is something that needs to be covered by only one contractor. "We see it as a matter of efficiency for the company," said Senegal, "A truck must be full coming and going." Senegal said this is complex and that's why Berjean was chosen as a general contractor. "We've told Gary to apply to Berjean, who would be glad to have him as one of the fleet working for Berjean." Senegal says he doesn't know why Cooper doesn't want to work for him and says Berjean is willing to have Cooper working for him and has solid contacts with many mills including other companies than Domtar. Senegal said other owner/contractors are happy working with Berjean. He also suggested that Cooper could work for the Waswanipi Mill, where Alan Cooper, Gary Cooper's dad is the general contractor.

Senegal said he is aware that Cooper may set up a roadblock with the Waswanipi Band's blessings. "It's a political issue. We're not for it or against it. It does not concern our company as we are in the wood business. We will never encourage anyone to do this," said Senegal. Senegal says they would never ask their employees to block a road, as it is illegal and not the way Domtar does business. "If you do something like this I guess you have to follow your conscience, but a road and a contract have nothing to do with each other. A blockade will not change our relations or contracts. We will not take this into consideration," said Senegal, "Could you see me blocking a road to get a salary increase? It would never work. If it did work for me, then everyone would be on the road looking for a salary increase."

by Will Nicholls

HIV/AIDS brainstorming session In Montreal

By Marilyn Beaskin

At the 2001 Annual General Assembly, a resolution was passed by the Chiefs supporting the Regional Public Health Department promoting awareness of HIV/AIDS. On October 18 and 19, 2002, the project got underway. The Regional Health Promotion Officer, George Diamond, brought together Cree Health Representatives (CHR's) and Public Health Officers (PHO's) at a brainstorming session in Montreal. Diamond emphasized the need to develop an HIV/AIDS prevention/awareness campaign for the nine Cree communities. Diamond asked the delegates for their input and ideas on what steps can be taken to better inform the Cree population on HIV/AIDS. The delegates' first and foremost concern was that they had very little knowledge on HIV/AIDS. The number one priority for them is to receive adequate training so that they could better equip themselves with the culturally-adapted awareness and prevention tools needed to address HIV/AIDS in their communities. Because of the lack of funding at the Cree Health Board for training purposes, it was proposed by Diamond that the local Community Health Representatives and Public Health Officers develop partnerships with existing local resources and to implement health committees in the communities. The communities of Mistissini and Waswanipi have local health committees and the delegates from these two communities said the committees proved beneficial because they integrated their services and it formed a more effective working relationship amongst the service providers. Also, they found themselves not as overwhelmed as they would have been working alone. It was also discussed that because HIV/AIDS would be difficult for them to translate when promoting awareness that the Cree School Board would be the best resource to find the proper terminology for HIV/AIDS.

Letter from Louis Archambault, President, Entraco

October 7th, 2002.

To the editor,

I am writing regarding the article "The A-to-Z of Vanadium" by Lyle Stewart, which appeared in your August 9 issue.

My firm, Entraco, is responsible for the environmental **impact** assessment procedures on behalf of McKenzie Bay Resources, Ltd., the **proponent** of the Lac Doré Vanadium Project. **McKenzie Bay** have often expressed the view that environmental protection measures related **to an** eventual mining operation in **Chibougamau** must meet and exceed the highest environmental standards.

In our discussions with the communities of Ouje-Bougoumou and Mistissini, each of the communities have expressed the importance of the environmental protection aspects of any mining project. We understand very well that the Cree communities are extremely apprehensive about any future mining developments in view of the US-based geologist Mr Christopher Covell's **allegations** of potential contamination resulting from past mining activities in the region. I suspect that people in the communities of Ouje-Bougoumou and Mistissini, **in particular**, are **presently** feeling a good deal of anxiety about any future mines and **their** potential negative impacts on the environment and human health.

However, these fears can grow out of proportion when erroneous information is circulated regarding technical aspects of a proposed mine. I am referring to the statements made in your Aug. 9 by Mr Covell. He is quoted as saying that vanadium and uranium are closely associated, with the suggestion that there is a consequent risk of radiation poisoning similar to the situation which devastated the Navajo people of Arizona.

As part of our normal environmental assessment practices, we solicited the views of a geochemist to determine if in fact there are any concerns related to possible uranium at the site of the proposed vanadium project. Dr. Maurice Morency, Ph.D. reported to us that the vanadium found in Canada is associated with a completely different geological complex from the vanadium in the southwest U.S. **There is no uranium associated with the rock of the Lac Doré complex. Chemical analyses have indicated that uranium is present only in trace amounts which are comparable to uranium values found elsewhere in Northern Quebec.** To suggest that there is a significant vanadium/uranium connection in the Lac Doré area is erroneous.

We will, nonetheless, as part of our recommendations for environmental procedures, assess the **chemical variation** including uranium in the process **being proposed for** vanadium **extraction**.

Mr. Covell is also quoted as saying that vanadium is a probable

carcinogen. We have reviewed the literature pertaining to the characteristics of vanadium and have found no suggestion whatsoever that vanadium is a carcinogen.

To make such statements is a situation in which a human population is already anxious and concerned about mining activities is professionally irresponsible and is harmful to the emotions of community members attempting to understand and address a complex situation.

I hope this information will contribute to a better understanding of the Lake Doré Vanadium Project.

Louis Archambault
President, Entraco

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CREE SCHOOL BOARD WINS BIG

Supreme Court of Canada refuses Federal Gov't appeal



Thanks to something Canada's top court would not do, top Cree leaders are declaring victory in a long-running dispute with Ottawa.

On Oct 25, the Supreme Court refused to hear the federal government's request to appeal a Sept, 2001 Quebec Superior Court decision on the implementation of the James Bay and Northern Quebec Agreement. Cree politicians hail the decision as recognition they must be treated as equals with Quebec City and Ottawa when it comes to implementing the historic, influential treaty.

"This decision is important in that it puts an end to numerous years of legal battles by the Crees against Canada in order to be recognized as full participants with Canada and Quebec in decisions effecting Cree rights," said Grand Chief Ted Moses. "Particularly Cree language and culture rights."

The head of the Cree School Board (CSB) said the decision will help other aboriginal groups across Canada.

"This decision will provide a judicial precedent and protection for aboriginal cultural and linguistic rights," said Mabel Herodier, chair of the CSB.

The dispute started in May, 1996, when Quebec and Canada made an agreement over how much money should be paid out to the Cree for schools under the JBNQA. The Cree were not at the table.

Cree leaders complained the deal made them second-class citizens under the JBNQA and did not give them a voice in protecting their linguistic and cultural heritage. In 2001, confirming the earlier decision by Justice Jean-Pierre Croteau, the Quebec Court of Appeals struck down the agreement, saying the non-native government had to

give a "large and liberal interpretation" to the JBNQA.

"This decision is important in that it confirms the Crees as full participants with Canada and Québec in decisions affecting their education rights which include their cultural and linguistic rights, among others," said Herodier after the ruling.

It's not the first time that Justice Croteau had sided with the Cree. In a ruling handed down in late December, 1999, he ruled the Quebec government had "openly and continually violated" Cree rights under the JBNQA. He gave Quebec six months to change their ways. Quebec responded by alleging Justice Croteau was not adequately impartial and that his first ruling was a product of improper bias. Justice Croteau was removed from the case by his boss, Quebec Superior Court Chief Justice Lyse Lemieux; she put Justice Danielle Grenier, a former Quebec government lawyer, in his place.

That touched off a brief but nasty conflict with Quebec. James O'Reilly, the long-time lawyer for the Cree, called Lemieux's decision "an elementary error in law." Some Cree leaders said they would pull out of the JBNQA. Grand Chief Ted Moses told a press conference "If we weren't in this conference room, we would have burned the [James Bay] Agreement in front of you."

Cree opposition to the forestry ruling led to the recent Paix des Braves agreement with Quebec. Moses and Herodier are both hailing this recent ruling as a similar step towards a just implementation of the JBNQA with the federal government.

What remains to be seen is how the Supreme Court ruling will affect the nuts and bolts of education funding in the Cree nation.

By M. J. Milloy

Johnny M. Cooper: CTA's New President

by tsa

The new president of the Cree Trappers Association was elected on August 19, 2002, to a three year term. Although Johnny Cooper does not trap right now, (he stopped in 1986) he remembers being on the trapline with his family when he was younger. Cooper says that they would go out into the bush in September and not return again until May of the following year. He learned to trap with his parents and his grandparents, aunts and uncles and some of his fondest memories are of being in the bush. He remembers the freshness of everything he ate. Dinners would be the newly caught rabbit or the fish from the net if no game were available. Although he is no longer on a trapline, Cooper still remembers the feeling when he goes out to speak with the tallymen or to visit with the trappers. He says he knows what they feel and he understands them.

The beaver season has just begun and Cooper is not sure how many traplines there are. By his guessing, not including all the territories, there are definitely over 200. He did tell me that traplines are never abandoned. Some may be left alone for a period of years, as goes with the cycle of what game is available, but they are never abandoned.

Over the next three years, we can expect to see many changes within the CTA and the way its programs are run, as Cooper wants the programs to be available as quickly as possible. There are going to be other changes, as well, with the signing of the Peace of the Brave in terms of the trappers having a say in forestry management and that to the fact that at least 11 traplines are going to be lost due to the EM1 project. The fate of the trappers on these lines is not yet known, but Cooper says that it is the Cree way that trappers will have to make some concessions and adjustments. He says it is like that when areas are affected by fires and trappers have to find other traplines to trap on.

As for environmental damages, like the toxins found in the fish in OJ, he will not venture to make a prediction of the long term affects, but he did say that "everything that affects the environment, affects all the other species." With the signing of the Peace of the Brave, though, Cooper does see a future for trapping and hunting. He feels certain that there will always be the traditional ways available to the Cree and it is what he hopes to retire to one day.

It is with pleasure that Nadoshtin Company announces a contest in a Cree nation wide search for a **logo.**

Further to the signature of the Agreement Concerning a New Relationship Between the Government of Quebec and the Crees of Quebec and the Nadoshtin Agreement, to the latter parties agreed that it was necessary to establish an efficient framework for cooperation between the Cree Parties and Hydro Quebec to facilitate the attainment of the objects and intent of the Nadoshtin Agreement and that such relationship between the Cree Parties and Hydro Quebec be carried out through a corporation to be known as Nadoshtin Companeé in Cree, Nadoshtin Company in English and Société Nadoshtin in French.

Some of the major objects of Nadoshtin Companeé are:

- To protect the Cree way of life, to alleviate the negative impacts of the EM-1 Project on the Crees and their traditional activities and to enhance the modified environment resulting from the EM-1 Project;
- To plan, evaluate, authorize and see to the carrying out of environmental, mitigating and remedial studies, works and measures;
- To plan, evaluate, authorize and see to the carrying out of the Archaeology and Cultural Heritage Program;
- To provide for opportunities for the Crees and, among other things, to ensure that the James Bay Crees fully benefit from employment opportunities;
- To select Cree candidates for training upon receipt of comprehensive recommendations from the concerned Cree Parties.

The Board of Directors consists of the Donovan Moses, the representative of the Cree Nation of Eastmain, Robert Jimikin, the representative of the Cree Nation of Mistissini, Matthew Wapachee, the representative from the Cree Nation of Nemaska, Dr. Billy Diamond from the Crees of the Waskaganish First Nation, Rusty Cheezo, the representative of the Grand Council of the Crees (Eeyou Istchee) – Cree Regional Authority and the representatives of Hydro Quebec are Réjean Gagnon, Philippe Mora, Daniel Rivard and Denis Roux.

In Cree, Nadoshtin refers to the section of a river between two sets of rapids and where the flow of the river is relatively calm and not as turbulent as in the rapids, in the case of the Eastmain River Nadoshtin would refer to the section of the river immediately downstream of the Great Bend Rapids and immediately upstream of the Nadoshtin Rapids.

The logo contest closing date is **December 13th, 2002** with the rights to the selected design to be negotiated with the artist and please submit designs to :

Rusty Cheezo, President
Nadoshtin Companeé
1 Caribou Trail, P.O. Box 60
Eastmain, Quebec J0M 1W0
Tel : 819-977-2110 • Fax : 819-977-2168

LOGO CONTEST

Vern Cooper

by Dolores Audet-Washipabano

Allan and Clare Cooper are probably one of the most famous Cree couples, well-known for being parents of hockey players: natural-talented, good hockey players. Every hockey fan in the region knows or has heard of Chris Cooper, Johnny Cooper and Naaman Cooper. Now their youngest brother is keeping up with their reputations. Little Vern Cooper lived a dream season last year with his team going all the way to win the Ontario Provincial Championship in Atom category (equivalent of the Chrysler Cup in Quebec). Read the article below.

They're #1! Atom Wolves win All-Ontario

by Keith Lacey (Northern Life)

When the players on the Paul Lizotte Fuels Wolves have children, they'll likely be telling them stories from the 2001-2002 hockey season. The Wolves finished a season for the ages last week-end in Sault Ste. Marie, winning the All-Ontario Atom AA Championship.

They won four close games: 3-2 against a tough Mississauga Braves club; 3-2 over Chatham Cobras; 2-1 over the host Sault Ste. Marie club; and a 3-1 win over Chatham once again in the semifinal. The Wolves captured the championship in convincing style, whipping the Mississauga Braves 5-2 to claim the provincial championship.

Deven Stillar led the way for the Wolves scoring six goals in the tournament, including a hat-trick in the game that mattered most. The All-Ontario title finished off a truly remarkable season for the Wolves. The team compiled a brilliant record of 76-4-2 in regular season, playoff and tournament action.

Manager Gil Labelle said he and the coaching staff, led by

head coach Bryan Verrault, recognized they had a strong club during training camp. "We knew we had a bunch of awesome kids both on and off the ice, but to win it all is something you can never plan for or count on," said Labelle. "The kids just played so well all year."

Besides winning the local league and Northern Ontario Hockey Association championship, the Wolves captured tournaments in Timmins, North Bay and Sault Ste-Marie as well as the Silver Stick regional title in Sudbury. A lot of the credit has to go to Verrault and assistant coach Willy Montpellier, trainers Peter Draper and Dan Draper, said Labelle.

The Paul Lizotte Fuels Wolves roster includes Stillar, T.J. Pugliese, Serge Brouillette, Al Valiquette, Matty Lecours, Kent Valliant, Brendan Roy, Calin Beaudette, Jeff Verrault, Jordan Mills, Kyle Tarini, Brandan Labelle and Vern Cooper.

Cree Nation Falcons Midget CC Hockey Club.

So far the Falcons are 3 wins 1 loss no ties.

Saturday October 26, 2002

Lost 4-3 vs Barraute in Barraute

Sunday October 27, 2002

Won 6-1 vs Malartic in Malartic

Saturday November 2, 2002

Won 6-4 vs La Sarre in Home Opener

(Neoskweskau Arena in >Mistissini)

Sunday November 3, 2002

Won 6-2 vs La Sarre in Mistissini



Cree Nation Falcons and coaches

Diabetes can be beaten

The Crees of Eastern James Bay are experiencing a diabetes epidemic. There are three to five times more diabetes in Eeyou Istchee than in the general population of Canada.

As of May 2001, there were 975 people diagnosed with diabetes.

The total number of people with diabetes has more than quadrupled since 1989.

Two-thirds of Cree with diabetes already have some damage to their bodies.

Ninety-four percent of people with diabetes are overweight.

One-quarter of people with diabetes are under 40 years old.

Of the 975 people with diabetes, 624 were women and 351 were men.

by Dr. Davidl Dannenbaun

Diabetes is a very serious problem in Eeyou Istchee. Many Eeyouch have diabetes, and many of them are having trouble controlling their blood sugars. Most Crees know of at least one friend or relative who has diabetes, and many know someone who has suffered a serious complication due to diabetes: either a heart attack, stroke, amputation, kidney dialysis or blindness. Diabetes is one of the most difficult health challenges facing Eeyou Istchee in the last 25 years. Nevertheless, it is not in the Cree tradition to give up when faced with a challenge. Diabetes, like other challenges faced by the Crees in the last century, can be beaten. What is needed are the right tools to succeed!

There are two different issues to this serious health challenge in Eeyou Istchee. The first is to avoid and getting diabetes. The second issue, once you have been diagnosed, is finding ways to control your sugar level and "live well with diabetes." We are often told that when someone is informed they have diabetes, they are not surprised or upset because they expected it sooner or later.

Taking care of your body is a priority. Making an effort to exercise, eating healthy and living a more balanced life can prevent you from getting the disease. Even if most of your brothers and sisters already have diabetes you can still avoid it. Several large studies in Europe and the USA show that 60% less people were diagnosed with diabetes in groups that had succeeded in making long-term healthy lifestyle changes.

At first, it is not easy to find time in a busy day to exercise, but you can eventually commit to getting out and exercising for 10 or 20 minutes. Notice how much more awake and stronger you feel after even just a short walk like this. Do you have a favorite TV show or bingo game that you make a priority to watch or play every week? Then why not make exercising once or twice a week a priority for you as well?

Learning to eat healthy takes time. It takes time to learn which foods are best for the health of your body. The more questions you ask, the more information you read on healthy food, the more comfortable you will be understanding which foods are healthy. Then you will then be able to make the right choices.

A few simple rules: think about eating smaller portions by using a smaller plate; drink lots of water; and only eat at the kitchen table. Remember, every small change you make is a step

November is Diabetes Month



towards controlling your health. If you can lose just a one pound a month, you will lose 12 pounds a year, or 36 pounds in three years! Never give up!

So what are the tools you need to avoid diabetes?

1) Motivation: You need to start taking action. Start with a small change and you are more likely succeed.

2) Educate yourself. Speak to the CHR, nurse or doctor to learn more about diabetes, weight loss and chosing goals.

3) FEET ACTION: We are blessed with feet, so use them! Ten to twenty minutes of walking three times a week does a lot to prevent diabetes.

Walking is a Cree tradition: Let's do it!

4) Think before you eat: Try to eat with your mind. It will tell you if it is a healthy food choice and help you to avoid what your mouth and stomach are craving for.

According to the Cree Health Board Diabetes Registry, there are fewer new cases of diabetes this year than any of the past five years. This is likely because many Crees are taking control of their own health, exercising and eating better. They have been successful in preventing diabetes, and this is why there are fewer new cases.

Is preventing diabetes a priority for you? What have you done differently in the past few months to try and take control of your body? Don't sit back and wait for diabetes to knock on your health, take action against diabetes! If you need some ideas or support, make an appointment to see your CHR, nurse or doctor.

Although many cases can be prevented, there will always be some Cree who are diagnosed with diabetes. Remember: diabetes is not your fault. Accepting you have diabetes and taking on the challenge of living with diabetes is the first step in the fight against diabetes. Once someone has diabetes, it does not mean they will absolutely suffer damage from diabetes. Again, studies have shown that for people who have diabetes, controlling blood sugar to healthy levels (as 32% of Eeyouch have succeeded in doing) can prevent many complications.

Learning about how different food, exercise and medications affect your blood sugar level will help you learn how to live a completely normal life while keeping your blood sugar at a healthy level. *There is nothing a person with diabetes cannot do.* People with diabetes can eat a piece of cake at a feast, hunt, fish, enjoy the bush, or sit all day at a desk job. What is important is to *learn how to keep your blood sugar at a healthy level while doing these things.* This takes a lot of effort but everybody can learn to do it. Visit your clinic to find out more about "living well with diabetes", doing all the things you enjoy doing and controlling the disease at the same time.

What is healthy eating?

TOP 7

1. Healthy eating starts with eating three meals at regular hours.
2. Healthy eating is enjoying our food and taking the time to savour it.
3. Healthy eating is eating enough to have energy but not too much to feel full.
4. Healthy eating means buying ingredients and cooking healthy meals for your loved ones.
5. Healthy eating means that you eat wild meats that your family has hunted.
6. Healthy eating means not being afraid to try new foods: it's a world to discover...
7. Healthy eating is for the whole family. By giving healthy food to your children, you are giving them a chance to live a healthy life. By giving yourself healthy food, you are giving your children healthy parents. Everybody wins!

"It's hard to find the right food here though. For example, I drink one-percent milk, but alot of times, there is none at the Northern. It's the same thing with fruits and vegetables."

"My kids help alot, they say: 'Dad, you're eating too much.' I have good feedback from my kids who know. My wife tries to help me too. She doesn't fry our food, she boils it or cooks it on an open fire."



The 4 essential food groups

The four essential food groups are like the four families of food. Eat foods from the four food groups everyday and they will give what your body needs to be healthy:

1. Bannock, breads and cereal

This group, also called starches, gives you the energy you need to do your daily activities. The best choices are the whole grain products like brown bread, oatmeal, whole wheat bannock, etc.

2. Vegetables, fruits and berries

This group protects your body against many diseases. Try different kinds of fruits and vegetables; add some vegetables to your moose stew; have a fruit salad for desert,...

3. Milk and milk products

Milk, yogourt and cheese are good for your bones and your teeth.

4. Meat and meat substitutes

These are just a few examples: moose, goose, partridge, chicken, pork, fish. These foods have proteins that keep your muscles and your blood strong. Some substitutes of meat like eggs, beans and nuts are also good sources of protein.

The other food groups

Eat in moderation foods that are high in sugar, like regular pop, fruit punch, chocolate, candy, cookies, pies and cakes. Many store-bought foods have hidden sugar and this is why it is a good idea to read the list of ingredients.

Also, eat in moderation foods that are high in fat, such as fried foods, lard, butter, chips, processed meats like Klik and wieners. These foods can contribute to heart disease and weight gain and don't provide many of the essential nutrients, vitamins and minerals our bodies need to be healthy.

It is all a question of balance!

Traditional foods

Traditional foods are good for preventing diabetes if we cook it in a healthy way. Moose meat, goose, bear, partridge, rabbit, fish are good foods and are healthier if boiled or grilled rather than fried. Bannock is healthier if it is made with canola oil rather than lard or shortening which are fats that are bad for your heart. Berries are excellent and they are even better when you spend a whole morning picking them because you are active at the same time. What is great about traditional meats is that you have to hunt to get it: you have to be active and that physical activity is good for you.



Reading food labels

What is the best way to choose healthy food at the store?

To find out if the food you buy is healthy read the food labels! As a general rule, healthy food is not far from its original source. Compare moose meat to a can of Klik and you will understand that very quickly.

Food labels tell you a lot about what you are really eating. Check on the box, can or bag for the list of ingredients. All packaged foods must list the ingredients used in the product. The first ingredient is the one that is present in the largest amount. For example, if sugar comes first on a jar of raspberry jam and the fruit comes second, it means that there is more sugar than fruit. See for yourself what is in

coffee mate. First ingredient: glucose syrup, which means sugar. Second ingredient: hydrogenated oil, which means fat. You are not getting a very good deal for your health.

A word of wisdom

If you to prevent diabetes and protect the next generations, a healthy lifestyle (meaning both healthy eating and physical activity) is essential. If you want to give a nice gift to your son for his birthday, choose skates or snowshoes rather than the latest video game. If you want your daughter to be healthy, you will have more success by feeding her good food rather than feeding her poutine and pop. **We are what we eat.** The only way we can be strong and healthy is by eating strong and healthy food. We have received the gift of life: it is now up to us to take care of that gift.

The following article was in the April 5th, 2002 issue of the Nation. We reprint here as it is worthy of further thought given the diabetes situation in Eeyou Istchee.

One Chisasibi Family's Experience with Diabetes

We dedicate this message to all the diabetic people in all nine Cree Communities.

Written by: The Duff family: George, Alice, Norman, Agnes, Victoria, Catherine, Andrew, Doris, Harry & Mary Duff,

The Chiskamish family: Jacqueline, Matthew & their children: Emma, Jessica, Edith, Katrina and Robbie Chiskamish

First of all, we would like to congratulate Edith Chiskamish for completing her Wellness Journey. We are very proud of her. We cannot express the joy we felt upon her safe return to Chisasibi. When she left for Wemindji, it really touched our hearts. We are thanking all the organizers for taking such good care of her. When the journey through Eeyou Istchee took place in 1999, Edith begged her parents to let her go but they didn't allow her at that time. She knew that the journey was taking place to raise money for the hemodialysis machine to be installed at the Chibougamau hospital. She also knew that her grandmother would soon be hooked up to a dialysis machine. She had said she wanted to help raise money for this machine and she wanted to be allowed to join the next journey through Eeyou Istchee. We could see the disappointment in her eyes when again we said she couldn't go yet.

This winter, Edith once again asked to be allowed to go, this time on the Wellness Journey that would raise awareness on the Diabetes Epidemic among the Cree people. She asked again if she could go but we didn't give her a yes or no answer because her grandmother was getting weaker every day. Towards the end of February, she asked again if she could go and this time we gave her our permission. We told her that maybe she could join them the last day of the journey but she wanted to start walking from Wemindji. We, her parents, have considered her one of our special children because she was born with medical problems. She had asthma and a skin condition called eczema, which causes skin infections. We let her join the walkers starting from Wemindji.

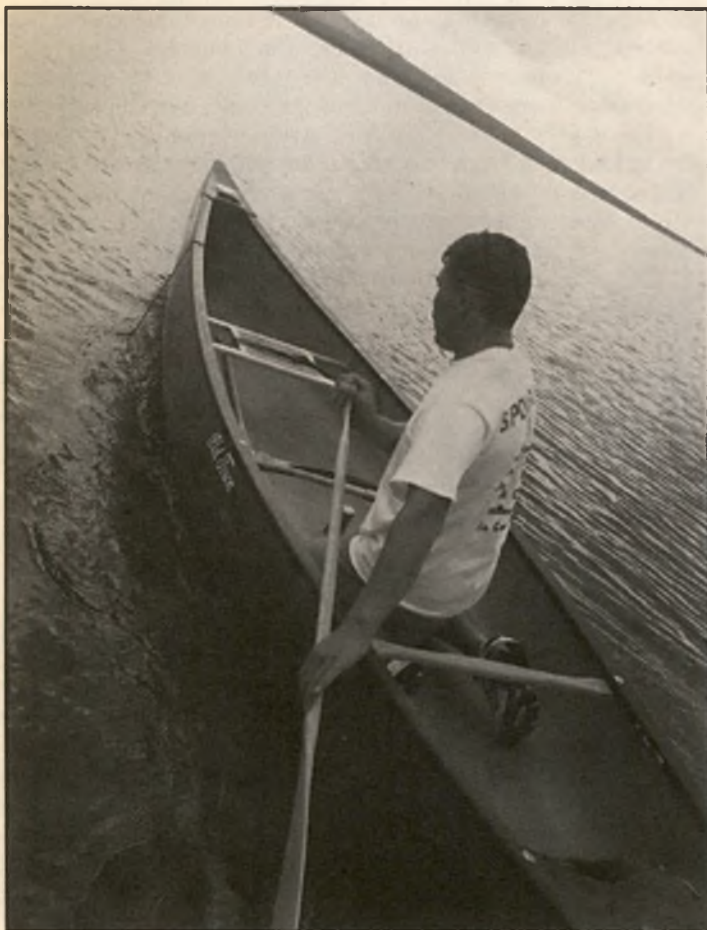
Our daughter Edith Chiskamish dedicates her Wellness Journey from Wemindji to Chisasibi in loving memory to her late

Grandmother Maggie Sealhunter Duff, who passed away last month, after living a long time with diabetes. She also dedicates her walk to all her relatives who are diabetic and to everyone else who has diabetes. She wants us to stand united in our walk to prevent the Diabetes Epidemic. It is so difficult to see our loved ones suffer from this illness.

On February 1st, 2002, God took our beloved mother Maggie Duff. She died at the Royal Victoria Hospital in Montreal, surrounded by her children, her grandchildren, her sister Sarah and some of our relatives. She was born on November 24, 1934. She had 15 children altogether, nine of whom survived. Four children passed away and two were stillborn. She was diagnosed with diabetes in 1974. Since this time, when the doctors discovered she was diabetic, she suffered from poor health. The last three years were very difficult for our family. Our mother was flown out to Montreal many times.

This is what happened to her:

- In 1974, she was told she was diabetic
- In 1976, she was diagnosed with high blood pressure
- In 1981, she started insulin injections because of her diabetes
- In 1986, doctors discovered she had kidney problems
- In 1989, she had clogged veins in her upper leg
- In 1991, she had a minor stroke
- In 1992, she began having eye problems related to diabetes
- In 1995 and in 2001, she had laser treatments
- In 1999, in July, she began hemodialysis treatments for



kidney failure

- In 2001, in March, she had an infection in her heart valves
- Also in March 2001, she started having cold feet due to poor circulation
- On May 13, 2001, we took her into the clinic because of pain in her toe. The doctor said she would have to have a check-up in Montreal. The next night she had chest pains. Her heart rate was very slow. The next morning, she was transferred to the Montreal General Hospital. She was observed in the emergency ward that night. This was to be first time of many times we would have to stay with her day and night.
- On June 26, 2001, a toe on her left foot was amputated due to poor circulation. This was done at the Royal Victoria Hospital
- On September 10, 2001, a part of her foot was amputated due to infections. The antibiotics she was given were not effective.
- On September 26, 2001, she was fitted with a pacemaker to help her heart which was beating too slow because of poor circulation
- On October 7, 2001, she had another surgery to remove an infection on her foot
- She also had many surgeries on the location of her catheter for her dialysis because of her small veins
- Many nights, she couldn't sleep because of the pain in her foot and leg
- On November 16, 2001, her leg was amputated below the knee
- On December 4, 2001, she was transferred back here to Chisasibi Hospital even though she was not completely healed
- On December 12, 2001, the doctor told us her leg wasn't healing because she wasn't eating and also she was sleeping all the time
- A few days later, she began to eat traditional Cree food that people brought in for her and she started to feel better, even though she still had pain because of her amputated leg
- On Christmas Eve, after her dialysis treatment, we brought her home so she could be home for Christmas
- On January 16, 2002, she was once again flown out to the Royal Victoria Hospital in Montreal, for a check-up
- On January 21, 2002, they removed the infection on her leg again and they left the wound open
- On January 25, 2002, she had surgery to close the wound. She had to have two blood transfusions because her blood level was very low
- A few days later, they reduced the pain medication because she had less pain and was sleeping most of the time. She then complained of an abdominal pain after her pain medication was reduced. She had an x-ray and a CT scan. The doctors thought she might have appendicitis but they weren't not sure so they inserted a tube to make certain
- Some of us went to the Montreal airport to pick up our aunt Sarah Lameboy because she was coming to visit our mother. While we were in the waiting room back at the hospital, the doctor came in and told us there was nothing more they could do for her because of a blockage in her intestines and she was having internal bleeding. The doctor told us that she wouldn't be conscious for very much longer and she even told us that she had only a few hours to live. We all took it very hard because we were being told bad news that was totally unexpected
- When we went to see her in the recovery room, she was



HEALTH FEATURE

Everything that happened to our late mother was because she was diabetic; this is what caused her numerous medical problems. One of the most important aspects of this disease is to take proper care of your feet. If you know you are having foot problems, go to the clinic right away to have them looked after. For those of you living with family members who are diabetic, try to take good care of them and look after them. We often cried because she was diabetic. She fought this disease for many years. But in the end, she couldn't fight it any longer.

For us, many times it was difficult because of our jobs, but we wanted to be with her during her surgeries in the south, so we just went back and forth. We hope that no one else ever goes through what we went through. We all know there is no cure for this disease so as individuals we have to take care of ourselves. We are praying and hoping that there will be a cure one day.

We are thanking all the walkers for the Winter Wellness Walk Promoting Miiyuupimaatisiitau. We very much respect what you have accomplished. You have shown great love and strength because you were thinking of your loved ones. We knew you often found it difficult but you continued because you wanted to finish the walk.

We are thankful that our aunt Sarah Lameboy was able to be near her and that God had given her the opportunity to be there when our mother passed away. She gave us a lot of support and she tried to comfort us as much as she could, even though it was also very difficult for her. We are also thankful that Elsie and Harry Duff made sure they could come down to be able to comfort us at that time.

Our late mother did thank us for taking care of her and near the end, she told us she was no longer in pain.

In closing, we want you to know that we wrote this because we think that it is very important for everyone to take care of themselves. Wachia to all. God bless you.

already on life support. The doctor asked us if she could remove the life support but we told her we wanted to wait for other family members who were on their way.

On February 1st, 2002, the doctor once again asked us if she could remove the life support and this time it was removed at 3:20. She could only breathe on her own for 10 minutes after the tube was removed.

Our mother was a caring, loving, gentle, strong, respectable, generous and patient person. She loved being in the bush before she had medical problems. She gave us faith in God, as well as her love and wisdom. These are lasting gifts that will see us through the sadness of her passing. She will always remain in our hearts. We miss all the love we shared each day, especially her smiles and her laughter. We know we didn't really lose her and we know she is watching over us every day. We know she is now happy to be with our father, our sisters, our brother and other loved ones who have passed away. We appreciated it when the doctors allowed us to bring her home for Christmas. We knew she was very happy to be home again.

The last night we spent in the recovery room with our mother was one of the hardest things we had to go through in our entire lives. When the doctor asked us if they could remove the respirator, it was a very hard decision for us to make. We accepted the doctor's decision because we didn't want our mother to suffer anymore. There were times when she would tell us how much she was suffering and she would tell us to take care of ourselves. We didn't want her to go but because of our belief in God, we know that we will all be together again someday. We know she is in Heaven, where there is no sickness or pain.

We would like to thank the Good Lord for watching over us when we took all those trips to Montreal to visit her. We would also like to thank all the doctors and nurses at the Chisasibi hospital, especially Patrick, Danielle, Annie and Michel at the hemodialysis unit for doing their best to take care of our late mother. We also thank all our relatives, the Band Office for their financial assistance and all the people who helped us during this difficult time.



Symptoms of diabetes include:

frequent urination, changes in appetite, extreme fatigue, blurry vision, unusual thirst, unexplained weight loss, irritability and tingling in hands or feet. Not all symptoms must be present to indicate diabetes so if you have any of them get tested at your local clinic. The sooner you get tested the better chance you have.

Over the past five years, 57 people with diabetes have died.

Diabetes is preventable. Get tested early. Get your weight down if you are overweight. Exercise. Eat healthy foods. Learn about diabetes.

Diabetes is a silent disease but early detection can delay or prevent complications.



Here are a few tips to prevent diabetes:

- **Get tested for diabetes once a year.**
Diabetes is a silent disease. It is possible to have diabetes for 10 years and not know about it. It is very important to test for diabetes. To do this, you must call your health clinic and make an appointment.
- **Learn as much as you can about diabetes.**
Information about diabetes is available at your health clinic and the CHR's office. Diabetes is a preventable disease. The more you learn about good eating and healthy living, the easier it is for you to make right the choices. If someone in your family has diabetes, educate yourself and live a healthier lifestyle with them.
- **Make physical activity part of your life every day.**
Exercise every day. Exercise will burn the extra energy stored in your body. Physical activity can mean walking 20 minutes a day, three to five times a week. Take a walk with members of your family or your friends. Walk to work

HEALTH FEATURE

instead of driving. Walking is the best exercise you can do to lose weight, and keep your body healthy and working properly.

- **Eat traditional & healthy food.**

Our body is like a ski-doo. If you are not careful how you treat it, it will eventually break down. You need to eat traditional and healthy foods for your body to function properly. Make small changes in eating habits. For example: eat smaller portions; eat eeyou miichim instead of poutine, Klik or other processed food; choose a fruit instead of chips or chocolate; roast or boil food instead of frying; drink water, natural, no sugar added juices or diet pop instead of regular pop, Kool-Aid or Tang.

- **Maintain a healthy weight**

Not all overweight people have diabetes, but the excess weight significantly increases your risk of getting diabetes. By losing only a few pounds (10 to 20 pounds over one or two years) you can significantly decrease your risk of getting diabetes. If you are interested in losing weight, you can make an appointment to discuss this at your health clinic.

- **Reduce stress in your life.**

Stress is part of life. Too much stress can lead to the body breaking down. Learn to reduce the stress by living a balanced lifestyle. Take time to play and enjoy yourself. Being physically active is a very good way to reduce stress.

- **Get involved and help your community** The most important part of any successful diabetes program is the community. Work with your community to create a Community Diabetes Task Force. This group can organize support groups, cooking classes, shopping classes, exercise activities, school activities, etc. depending on what your community wants. Nothing will happen if you do not get involved in your own community and take responsibility for action.

In their own words

Cree living with diabetes

by tsa

In the summer of 2001, the Cree Board of Health and Social Services of James Bay conducted a study of diabetics living in Chisasibi and Waskaganish, focusing on how they maintain control of the disease and the difficulties they encounter. The people were asked what the most difficult thing was in trying to control diabetes; how and where they find their motivation; how they manage to control it, and what tips or advice they had for other diabetics. The goal of the report was to help health care professionals and patients living with diabetes to achieve better control of their blood sugars. Our goal here is to provide readers with words from diabetics in your communities in hopes that you can contribute positively in this fight against a disease that affects so many of us. Knowledge is power and the more you know, the more you can help in whatever small way.

A lack of diet-friendly foods and a regular regime of exercise are seen by many as major stumbling blocks in maintaining good control of diabetes. With the abundance of junk foods available and the lack of healthy foods at local stores or at work, people find it hard to always maintain a strict and healthy diet. The social customs of attending feasts and eating what is offered

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Would you like to have your art on the COVER of an exclusive publication?

We'll look no further! Beesum Communications is looking to give someone a chance at this year's cover of the James Bay Cree Telephone Book.

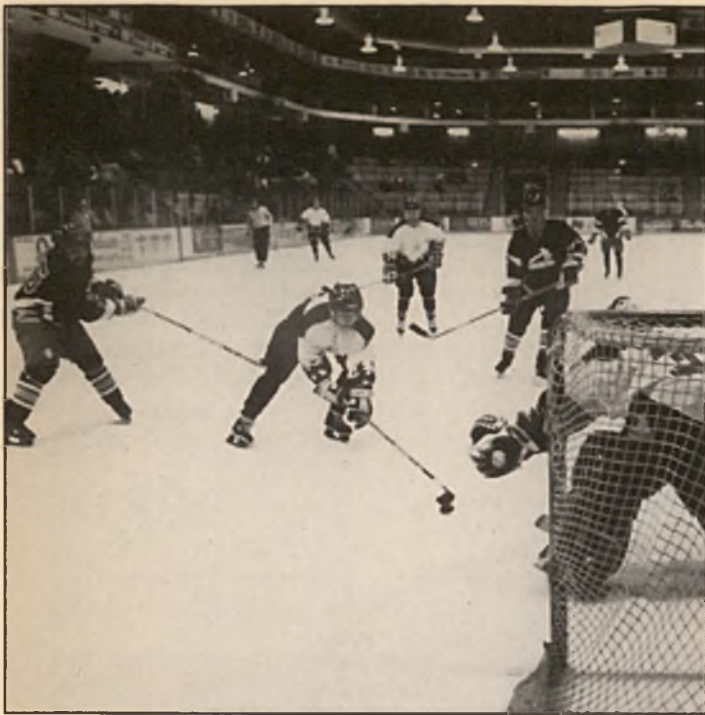
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(rather than insult a host) can also wreak havoc on a diabetic diet. It's important to remember that changing a 30, 40, or 50-year-old eating habit is difficult to do but essential.

Trying to incorporate a regular period of exercise is not always easy to do because of jobs or age.

Denial is another thing that many people reported as an initial hindrance. Denial is probably the most natural response by anyone faced with being told they have a life altering and potentially life threatening disease.

The fear of long-term complications such as amputation and blindness and the fact that people want to see their children grow up is what many reported as their primary motivation. Education is seen as a very important motivational tool; the more you know about diabetes and how to control it, the more you can actually do to fight it.

In terms of helping to achieve control, once the obstacles are identified and the motivation is there, finding solutions is the next step. The most important source of support mentioned by all was from the family, as well as support from the medical community. Maintaining a healthy diet, regular exercise and taking medication on a regular basis are all part of achieving control of the disease.

The participants were asked what tips and advice they would give to other people living with diabetes. They gave examples of activities for exercising and lots of encouragement.

Ultimately it is important to know that if you have diabetes, you are not alone; there are people out there who know what you are going through and there are lots of people who can help you. It is a controllable disease. Do not be afraid to call on people, even if you just need to talk about the day-to-day things or more important things.

In their own words, here are some of the responses.

"I told the nurse once, here in Chisasibi, people invite you to feasts and gatherings and Natives don't refuse what is given to them. If a person gives you to share, if you don't eat it, it's an insult to this person. That's the hardest thing."

"I do nothing, I'm too old and I have shortness of breath."

"When I first knew I had it, I said it's not me, I'm not diabetic. I would miss appointments for blood checks."

"What motivated me was the damage it can do to your body, the long term complications of it. What scared me most is the amputation... and the blindness, the fact that you can actually go blind; lose your sight if you're not careful. When I see someone with diabetes really sick, it makes me realize that it could be me so I better take care of my body."

"I don't want a cane. I don't want to use the needles.... Sometimes you get so scared you want to be healthy."

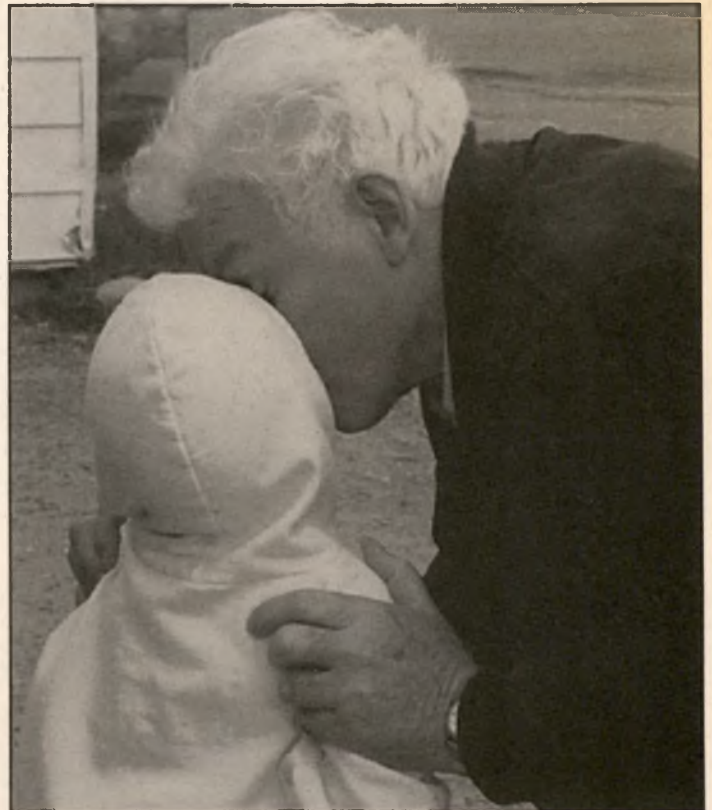
"I began to walk more by hunting and cutting wood. I organized the heavy work to divide it every day not to work too hard and have breaks. For example, I would take one day off and cut wood one day so I would do in six days the work I could do in three."

"Well, I would tell them to get out of that vicious cycle of tiredness. The circle never ends, if you don't feel like doing anything, you'll be more tired, if you're more tired, you won't feel like doing anything."

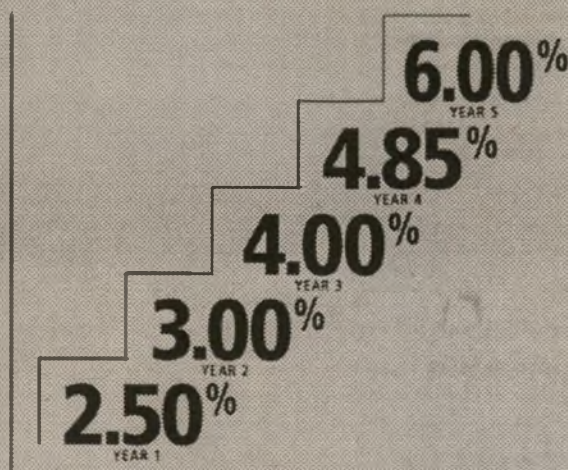
"Don't let diabetes take over yourself. It's the easy way if you do nothing about it. Diabetes is not the end of the road but you have to take care."

"Believe in yourself. Believe that you can do it everyday. It's hard sometimes but if you want to be healthy, that's the way to do it."

"It will never go away. You can do it. It is possible."



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THE WORK OF ROBERTJOHN KNAPP, NATIVE SPIRITUAL LEADER

By Lauren Carter

Robertjohn gives me a riddle.

"You cut off your hair, toss it on the ground. Alive or dead?" he asks.

"Dead," I answer.

"You cut off your fingernails, toss them on the ground. Alive or dead?"

"Dead."

"You look at the earth from outer space, alive or dead?"

For a moment, I'm stymied, stumped. I don't get it. But then the fog lifts a little and it begins to grow clear. He's talking about being disconnected from a cycle. When I throw things like my hair and fingernail clippings away, I assume they will have no more impact, where they are discarded, they will simply disappear. From outer space, though, the earth and everything on it is alive, even the dead and dead things, for they feed the living.

* * *

Days earlier, Raymond Stone had died. Robertjohn Knapp, a Native spiritual leader, part East Coast Seneca and Tubotolobol from Central California, met the renowned Paiute elder and artist when he moved out to California in the '60s. The man became his teacher and, for twenty-some years, was like a father to Robertjohn.

"What he showed you," he says, "was how to be. How to be with all life, that way, just by him being."

In his voice is a low tone of respect, the way someone speaks of an experience that's altered them. I can hear it. More than that, I can feel it, in the depth of the quiet, of the hush all around. Robertjohn's voice carries a slight hint of sadness as he describes his teacher and the time in this life that changed him, that sent him on a path he could never have predicted when he was working odd-jobs and cleaning outhouses in the Army.

This path has helped hundreds.

"That old man," he says of Raymond Stone "is the one who really took away all the bitterness."

People must say the same thing about Robertjohn Knapp. After learning the ceremonies from Stone, who he calls his third father, and after Stone told him that he "couldn't hang around no more, that I had to get out and get in trouble...risk who I thought I was," Robertjohn began working in prisons. Up and down California's penal system he would do the ceremonies with incarcerated Native people.

"The Peacemaker said 'all people have the ability to reason, unless you're grieving.' If you're grieving, you can't get to this so our ceremonies are about healing. If we help you with the healing, we'll get you to this place," he says. This place is the ability to reason. Reason, for Robertjohn, and for the traditional Native way of life, is seeing one's relationship with all life. It is to become aware of Natural Law – a law that tells us, for instance, that if a tree takes 300 years to grow and is cut down in ten minutes, it will take 300 years to grow another like it.

Seems basic, but in this day and age, it isn't. Instead, in the Western world we are often mired in our arrogance and our inability to say no to ourselves. We are split apart by greed, prejudice, and a decided lack of respect for the ground we stand upon that gives us space to spread our cement and housing developments and roads. Traditional native beliefs teach that the world is not segmented like this. Our hair clippings, thrown away, will be used by other creatures – birds will build their homes with it, for others it is food. Death leads on to life.



* * *

Robertjohn believes it is each person's choice.

"There's only one decision – to stay awake or go to sleep. If you're awake, then you can't deny the truth. If you can't deny the truth, there's no decision in it. So, if you're angry or jealous or depressed, you're going to sleep. You're caught up in this other stuff – drugs, alcohol, everything else. All you do is bounce around...Your choice is to go to sleep. You can't see. You can't see that this is a little ball spinning through space, 65,000 miles an hour. We call it our mother, the Earth. They still think it's flat. They treat it like it's flat. They're pre-Columbus. They think it just goes on forever."

Without changing this attitude, without waking up, we'll remain trapped in an ideal of exploitation which has devastated Native people in a way that continues to unfold. This notion of 'progress', of destruction, of meaning found in material wealth, wreaks havoc on the earth. It creates grief and darkness, and thus, the inability to reason.

Robertjohn's work, in all its forms, is about addressing this grief and healing the resulting rift. These teachings have affected and inspired Annex-based Native filmmaker Danny Beaton, who invited him to Toronto to speak at the screening of his documentaries "The Iroquois Speak Out for Mother Earth" and "Mohawk Wisdom Keepers." Beaton has also started shooting a documentary about Robertjohn.

Despite his deep concerns about the state of the world and where we're going, Robertjohn maintains an attitude of hope for his people and for all life. How can he not, I wonder, when for him the connections between ocean and air, human and star, all seem so clear. From this position, he extends his teaching to those who ask, just by being himself.

"The Elders," he says, "they teach us this thing or that. When you're ready you'll come to this place and they'll show you, you'll be shown these things...[but] they're not the fire, they're not the spark. You're the fire. They light the match. You have it all in you. You're the seed," he says, his voice alive with awe.

The Cree Human Resources Development Agreement

In October 2001, the Cree Regional Authority signed an important agreement with the Government of Canada. This deal makes it possible for us, with Canada's financial help, to build a job market by and for Crees. We are now offering and planning a variety of programs for creating jobs, training people and helping the unemployed.

What's in it For You? What the Cree Human Resources Department is For

The objectives of the agreement are to:

- ◆ Provide training and employment services to everyone covered by the James Bay Northern Quebec Agreement including the people living in the Eeyou Istchee Territory
- ◆ Provide these services in all Cree communities, to everyone with a job or looking for one – whether you're looking within the community, somewhere else in the Territory, or outside the Territory
- ◆ Provide employment insurance (EI Part II) services to all residents of the Cree communities
- ◆ Help keep all community residents informed about federal government programs related to training, employment, projects and opportunities
- ◆ Help all employers in the Territory hire and train people, particularly Crees, and offer subsidies to encourage this initiative
- ◆ Encourage employment, self-employment, and training projects by and for the Cree
- ◆ Improve Cree access to jobs in present and future hydroelectric, mining, forestry, tourism and construction projects in the Territory
- ◆ Help develop social benefits for the Cree, especially in relation to present, future and proposed developments in the Territory
- ◆ Develop services and programs to encourage present and future employers to create a larger share of jobs for the Cree
- ◆ Encourage workers, employers and unions to participate actively in reaching the agreement's goals and objectives

Next: Part 3: Who Is CHRD

CHRD's mission is to provide high-quality employment services and training programs to Cree and non-Cree residents of the James Bay Territory, and to ensure that enough Cree people have the training and knowledge required by public and private employers in the region, including the Cree governing bodies.



For More Information Please Call (418) 923-2525

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Grand Council of the Crees (Eeyou Istchee)
Grand Conseil des Cris (Eeyou Istchee)



It's here just in time for the Val d'Or hockey tournament!!!!

APPLICATION FOR A NIGHT OUT WITH THE BOYS

Name of Boyfriend/Fiancé/Husband:

I request permission for a leave of absence from the **highest authority** in my life for the following period:

Date:

Time of departure:

Time of return

NOT to exceed:

Should permission be granted, I do solemnly swear to only visit the locations stated below, at the stated times. I agree to refrain from hitting on or flirting with other women. I shall not even speak to another female, except as expressly permitted in writing below. I will not turn off my mobile after two pints, nor shall I consume above the allowed volume of alcohol without first phoning for a taxi AND calling you for a verbal waiver of said alcohol allowance. I understand that even if permission is granted to go out, my girlfriend/fiancé/wife retains the right to be pissed off with me the following week for no valid reason whatsoever.

Amount of alcohol allowed (units)

Beer

Wine

Liquor

Total

Locations to be visited

Location:

From:

To:

Location:

From:

To:

Location:

From:

To:

Females with whom conversation
is permitted

IMPORTANT - STRIPPER CLAUSE: Notwithstanding the female contact permitted above, I promise to refrain from coming within one hundred (100) feet of a stripper or exotic dancer. Violation of this Stripper Clause shall be grounds for immediate termination of the relationship.

I acknowledge my position in life. I know who wears the trousers in our relationship, and I agree it's not me. I promise to abide by your rules & regulations. I understand that this is going to cost me a fortune in chocolates & flowers. You reserve the right to obtain and use my credit cards whenever you wish to do so. I hereby promise to take you to a Michael Bolton concert, should I not return home by the approved time. On my way home, I will not pick a fight with any stranger, nor shall I conduct in depth discussions with the said entity. Upon my return home, I promise not to urinate anywhere other than in the toilet. In addition, I will refrain from waking you up, breathing my vile breath in your face, and attempting to breed like a (drunken) rabbit.

I declare that to the best of my knowledge (of which I have none compared to my **BETTER** half), the above information is correct.

Signed - Boyfriend/Fiancé/Husband:

Request is: APPROVED ☐

DENIED ☐

This decision is not negotiable. If approved, cut permission slip below and carry at all times.

Cut here.....

Permission for my boyfriend/fiancé/husband to be away for the following period of time:

Date:

Time of departure:

Time of return:

Signed - Girlfriend/Fiancé/Wife:



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More than *\$70,000 in cash and prizes !

*subject to change based on actual number of teams per category. All teams guaranteed 3 games.

HOCKEY CATEGORIES

Category	teams	Entry Fee	Champions	Finalists
Class "A"	10	\$1,500.	\$10,000.	\$5,000.
Class "B"	12	\$1,000.	\$5,000.	\$3,000.
Class "C"	8	\$800.	\$4,000.	\$2,000.
Women's	8	\$800.	\$4,000.	\$2,000.
Old-Timers	8	\$800.	\$4,000.	\$2,000.
Recreational	8	\$500.	Prizes only	Prizes only

BROOMBALL CATEGORIES* - 16 teams (Fee is \$800 per team)

* all broomball teams begin in one Open Category and will be ranked after 3 games played with the Top 8 Overall teams advancing into the next round. Losers in 1st play-off round play in "B" division. Winners in 1st play-off round play in "A" division.

Division	Champions	Finalists
A	\$5,000	\$3,000
B	\$3,000	\$2,000

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Category	teams	Entry Fee	Champions	Finalists
Open Hockey	6	\$1,000	\$4,000	\$2,000

Opening Ceremonies - Friday, December 6th @ 8:00 p.m.

Special Attractions to be announced.

REGISTRATION DEADLINE IS NOVEMBER 15, 2002

*Confirmation of your team's participation will be made upon receipt of your Entry Fee and Registration Form

Checks or Money-orders must be made payable to
C.N.I.T. c/o Matt Blacksmith
1 Birch Street, Waswanipi, QC, J0Y 3C0

Information - Registration Forms - Inscriptions

John Boudrias Co-ordinator (819) 825-2648 Fax: 825-0024	Matt Blacksmith Waswanipi (819) 753-2450 ext.22 Fax: 753-2498	Jean-Baptiste Loon Mistissini (418) 923-3461 ext.322 Fax: (418) 923-2112	James Neeosh Oujebougoumou (418) 745-3911 ext.242 Fax: (418) 745-3426
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or visit www.CNIT.ca

Special Team Player Passes are available for \$100 per team (maximum 15 players) before the deadline. All player passes will be sold for \$10 per player after this date. The C.N.I.T. Organizing Committee is not responsible for team lodging. This event is organized with the sole purpose of friendship, sportsmanship and fair play.

ADMISSION PRICES

16 and over - \$10 per day • 5 years to 15 years - \$5 per day • Under 5 and 60 and over - FREE ADMISSION

Walking on water

Xavier Kataquapi

Winter has arrived early this year. The snow is on the ground and the cold weather has settled in for the season. Everyone up north is excited to see the cold and the snow return again. It is a time of year when there is a lot more freedom to move on the land. During the spring, summer and fall, when the ice and snow are gone, it is a lot more difficult to move along the waterways and over the muskeg on the land. Winter freeze-up provides a hard surface that makes travelling easy for everyone.

Normally, with the coming of winter, the snow and the cold usually happens at the same time. This results in a very rough freeze-up where lakes and rivers ice up in lumps and swells. I prefer a more uncommon form of freeze-up. That happens when the freezing temperatures precede the snow and results in the freezing of the lakes and rivers into smooth solid surfaces. When this happens, it almost seems as if the rivers and lakes turn into gigantic mirrors.

As a young boy, I recall one year our family taking the time to enjoy this rare and beautiful occurrence on the river where our community is located. We decided to go on a Kootwashooshin, or picnic, on what is known as Potato Island on the river just off the shore from where the community is located. It was with great pleasure and excitement that we planned our walking trip to Potato Island over the magical mirror that had been a river only days before freeze up.

We started out in the early afternoon. My dad, Marius, led the way along with my mother, Susan, my brothers and sisters, our grandmother Louise and mom's aunt, Barbara, whom we all called Bap-bee. We all helped out by carrying something we would need for our Kootwashooshin. We took along necessities such as flour for bannock, tea, a pot and an axe. We met at a place where the river washes along the shore of the community. It was a real thrill to discover that this was a perfect freeze-up. The river was hard, like a mirror.

Dad picked up a tall, heavy log to use for testing the thickness of the ice. He led the way across the frozen water holding his heavy log. Every once in a while, as we progressed a few more feet, he raised the log and slammed it down on to the ice. The blow created fine cracks that ran down to the bottom of the ice. Cracks also appeared a few inches around the centre of where the wood hit the surface. When the bright sunshine fell on the cracks created by the heavy blow of the log, a natural prism shot out beams of light in all the colours of the rainbow.

As kids, we could not enjoy the ice as much as we wanted to. Our parents and our grandmother kept us close at hand with dire warnings of the danger of thin ice. It was safer to follow the trail of white spots created by the repeated hits of the log on the ice. For half an hour our entire family walked very carefully in single file as dad led the way with his log.

When we arrived on the shore we walked up the bank of the island and onto higher ground. We spent the day wandering the island, visiting the potato field and chatting and laughing. We

walked the perimeter of the field and visited an old shack that housed all the old rusted iron tillers and other implements used for planting and harvesting potatoes. These items would probably have been in a museum anywhere else in Canada but here they were still valued and used to plant, care for and harvest the potatoes. The potato field and all the implements date back to the missionaries.

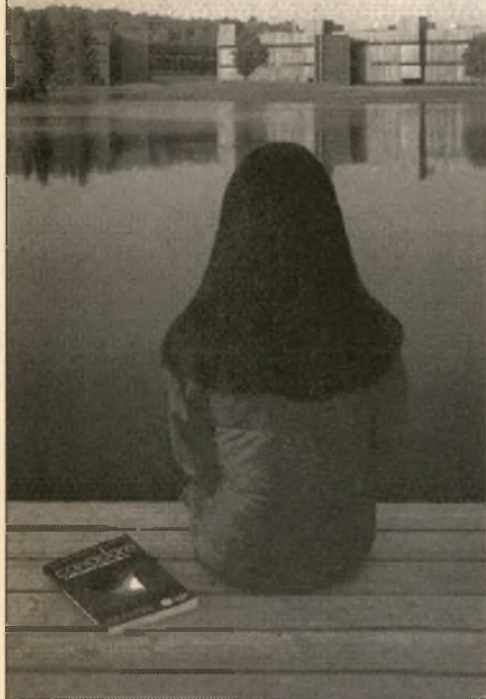
Towards the end of the day we built a fire to prepare tea and bannock along the shore of the island and facing the community. We spent time with each other enjoying hot tea and warm bannock. We admired the view of the rows of houses on the high bank of the community and the dominant white Catholic Church in the distance as they reflected off the mirror-like surface of the frozen river. It was like a dream being out there, with the ability to walk on water.

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10 - BIRTHS

We would like to Congratulate our sister Cynthia Salt and her boy friend David Whiskeychan on the birth of their precious little boy Deshawn Davis born on November 1, 2002 at 9:05 a.m. Weighing 8 lbs, 13 oz. We are very proud and happy to have another nephew, which we will love so much. We wish you both all the best and take good care of your little one. May the Lord keep him and bless him with his loving guidance. With lots of Love and Always, Diana, George, Darryl, Mary Jane and Miranda.

We would like to take this time to Congratulate our daughter Cynthia and her boy friend David, on the safe arrival of their baby boy Deshawn Davis born on November 1, 2002 at 9:09 a.m. We will always thank the Lord for his blessing and giving us another grandchild to Love. We encourage you both to take good care of your little boy. May the Lord keep you safe through good and bad times. We will always Love you in our hearts. With Love Mom and Dad. (Ruth and Freddie Salt)

Congratulations to our friend Paulette Salt and her b/f Corey on the birth of their baby boy Craydon Corson Rylie, born on September 29, 2002 at 8:28 p.m. Weighing 9 lbs, 5oz. Take good care of your little one Paulette !! From your friends in Waskaganish.

Congratulations to Margaret and Andrew Kawapit on the birth of their baby boy Steven born on October 16th 2002. Take care of your bundle of joy. From Jeannie, Caleb, Jane and Georgia-Lynn in Whap.

101 - BIRTHDAYS

I would like to wish a Happy Birthday to my Dad Angus Shashaweskum on November 2nd. Happy Birthday Dad! I love you from the bottom of my heart. I missed you so much...especially Mom. Hey Dad are you going to invite me to your B'Day? (Joke). From love always, June .O. (Shash) (Wemindji)

We would like to say Happy Birthday to a college girl in North Bay, ON. Whose birthday is on November 18, 2002. Happy 18th Birthday Tracy. We hope you don't party too much on your special day...lol. Good Luck on your studies. From friends in Wask... (A.W, M.W, M.S, C.S, C.W, P.S)... Hope to see you soon !!

We would like to say a happy belated 27th anniversary to Matthew & Ella Swallow. Happy Anniversary dad & mom, and thanks for being

such wonderful parents. Thank-you for everything. Also for being there for us on our wedding day it meant a lot to us. We love you both. Love: Philip & Shawna Swallow.

Boojuu and GooGoo Happy belated 27th Anniversary to the best grandparents a child could have. Thank-you for taking me to the bush, and giving me chocolates. love Marshal .. (I LUV U TOO MUCH) From : Daniella (BUBBLES).

Happy 17th Birthday to a very special friend of mine Joy Kitchen on November 28. Joy your birthday is an especially important day... because it's a time to wish you a wonderful year ahead. And it's a time to wish you a treasure of happiness from the year gone by. And it's a time to give you a lasting reminder that you are a very special friend to me. Happy Birthday Baby Joy!!!!..lol. Your Friend Always Hillory.

I would like to wish a Happy Birthday to Angela Diamond on November 2nd. Happy Birthday Angie! Take care of yourself and the two boys. See you soon. From love always, June .O. (Shash) (Wemindji)

This goes out to a guy from Waswanipi who celebrated his Birthday on October 10th. His name is Gabriel. Hey there, I hope you had fun on your birthday (did you? I know you did). Happy Birthday and many more to come. I hope to see you soon; someday, somewhere, somehow. Lol... Anyways, bye. From someone you know... (from Wem) Guess who? PS: take care of yourself. Miss ya!

I want to wish a Happy Birthday to William Benjamin on November 25th turning sixteen and to Steven Martinhunter on November 19th turning 14. Many Happy Birthdays to come and enjoy your special day. From Mom, Eric and family.

I want to wish a Happy Belated Birthday to my son Marcus J. W-Chan who was celebrating his 1st Birthday on October 19th. Ever since the day you were born, you brought lots of joy and happiness in my life. I love you my baby. Mommy and Daddy will always be here for you no matter what. Happy 1st Birthday. Love always from Mommy and from Daddy. (Waskaganish)

Belated Birthday wish to someone very special in my life, my grandmother who had her birthday on October 25th. Her name is Kathleen Jolly. I will never forget all that you did for me. I will always be here for you whenever you need me. Thanks for everything. I love you so much. Happy Birthday and I hope you enjoyed your special day. With love.

From your granddaughter and especially from Marcus.

Happy Birthday going out to Louisa Kudlu on November 15th. She's a wife, mother and grandmother. Don't know what we'd do without you. From George, Noah, Lucas & Little Billy (Wemindji)

We would like to wish a Happy Belated Birthday to our baby girl Georgia-Lynn Sandy who celebrated her 2nd birthday on September 17th 2002. We love you very much. Love, Mom Dad and your sister Jane in Whap.

We would like to wish Happy 10th Birthday to our daughter Jane Kawapit on October 18th 2002. Remember that we love you very much. Love always, Mom, Dad and your little sister Georgia-Lynn.

We would like to wish a Happy Birthday to the following people: Preston Atchynia on October 13th, Byron Atchynia on October 24th and Harlen Kawapit on October 26th 2002. From Jeannie, Caleb, Georgia-Lynn and Jane in Whap.

I'd like to wish a very special Birthday to a very special person: Byron Atchynia on October 24th 2002. May your every wish come true. Wherever the winds of fate may take you and may your every dream come true. Once again, Happy Birthday!!! Love always, Christine Kawapit.

We would like to wish a Happy

Birthday to two special people in our lives Beatrice Whiskeychan and Keri-Ann N. Blacksmith whose birthdays will be on November 23. Too bad we can't be there on your special day we could have had a blast in you know where Beatrice. And as for you Keri-Ann hope your day is as special as you are. We miss you both and hope to see you soon! From: Renee, Terry and Elliot

Birthday Greetings to a very special boy, Latrell Carlos Gull, who will be celebrating his 1st Birthday on November 11th 2002. We thank God for bringing you into this world as our grandson. See you on your birthday. With love, from your grandparents, Teddy & Sandra.

Birthday wish going out to my baby brother Latrell Gull on November 11th 2002. Happy 1st Birthday brother and many more to come. From your brother Dawson Gull Martinhunter.

I would love to wish Latrell Gull a Happy 1st Birthday on November 11th. You are such a sweet baby. You are loved by many people here in Waswanipi, we miss you so much. With love, your Great Aunt Delores xoxoxo

Happy Birthday to our Daddy Johnny-Paul on November 8th. We love you very much. With lots of love, Jeremiah & Glorianna Picard. X0x0x0

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Johnny-Paul a Happy Birthday on November 8th. I love you very much. Love, Gloria x0x0x0

Happy Birthday to the following people in Whapmagooostui; on October 4th Patricia Masty Snowboy, on October 12th Jeannie Susie Mamainskum, on November 1st Linda George and on November 5th Nellie George. From your co-workers at Awash Estchees Childcare Center in Whapmagooostui.

Our grandma, great-grandma Mary Tanoush will be celebrating her 82nd Birthday on November 10th. Wishing her all the best, and we are grateful to see you celebrate another year. Love, your grandchildren; Laura, Sophia, Leeann, Aaron and Isaac, your great-grandchildren; Charity, Darius, Priscillia, Terrance, Serenitee, Yasmine and Crystal.

Happy Birthday to my "Big Boy" Jesse on November 9th. He will be turning 4 years old. I hope your day is special as you are. I love you so much. Love always, Mom Bessie x0x0x0

We would like to wish a Happy 16th Birthday to Mark-Paul Chewanish on November 23rd 2002. We just wanted to tell you that we love you and how proud we are to have a brother, uncle and son like you. With lots of love and kisses, sisters; Jordana, Claudine, Shirley, Charlene and little bro Justin, niece Karen and Mom Irene x0x0x0

We would like to wish Skylar Dawn Wesley-Blackned a Happy 1st Birthday on November 29, 2002. You are growing up so fast and almost walking. We love you and always will cause you are special. Happy Birthday Skylar. Love always mom, dad and your big sister Summer xox

This poem is dedicated to late Christopher Otter (Abilly), my cousin and always will be, who died on September 24th, 2002. PRECIOUS FRIEND You were a truly precious gift, who gave others all that you are, and whenever someone needed a lift, you were never far... Words cannot express your value to me, you were the most kind and caring cousin I've ever had. For without you, who will be there to make me laugh? I didn't know how to thank you for being so special to me. I still wanted you to know how I felt. You were far more precious than the most expensive jewel. As far as I go; you are still ideal. From June. I'll be missing you Abilly x0x0x0

I would like to say hi to my best friend and cousin Minnie'sh Happyjack from Waswanapi. But I

think you're in Mistissini, right?... Anyway, Hi Minnie, how are you? You should call me or write to me at 53 Beaver Rd. Wemindji J0M 1L0. Here's a poem for you: **FOREVER FRIENDS** A shoulder to cry on, an ear to bend, money to borrow, closeness to lend, Friday night parties, afternoon walks, being together, our private talks. Mending our hearts, crying those tears, planning our future, voicing our fears, our memories together, may they never end, always together, forever friends... See you soon buddy (I hope so). From your friend and cousin, June in

Wemindji. PS: Take care.

What is a friend? A friend is someone who listens to you even when you don't make sense. A friend is someone who is always there for you through good and bad times. A friend is someone always willing to lend a helping hand. A friend is someone who laughs at your jokes even if they're not funny. A friend is someone who doesn't compete with you but who is happy for you when good things happen to you. A friend is someone who shares your pain and is there for you as you go through it all. A friend is someone

who accepts the real you and no matter how the world sees you, a true friend doesn't see what the others see but sees the good things about you. From all of the above that's how you've been to me and I never took the time to thank you. I always thought you knew but I'd like to take this time to thank you for all that you have been to me and I want to let you know how much I appreciate having you as a friend. To my friend Brenda, thank you for everything and I wish you all the best things in life. You'll always have a friend in me. From Christine.

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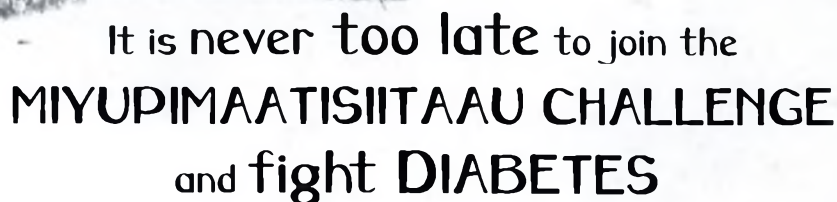


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- Lose 7% of your present weight
- Maintain the weight loss for one year through healthy eating and physical activity

The MIYUPIMAATISIITAAU CHALLENGE is open to all Eeyouch of all ages in the Eeyou Istchee. Information on nutrition, physical activity and healthy living is available at your health clinic. The challenge will start when you are ready and will finish end of June 2003

The MIYUPIMAAFISIITAAU CHALLENGE promises to be fun, easy and healthy. All you need to succeed in this endeavour is DETERMINATION and PERSEVERANCE. You can also challenge your spouse, grandparent, a family member, a friend, or even your dog. You can determine your own schedule and pace.

Take control of your health! Make your health the number one priority in your life and prevent DIABETES!

TAKE THE MIYUPIMAATISIITAAU CHALLENGE!

For more information
and to register,
call your local CHR.

